# **Help me now**

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| 3rd Sector |
| Service name | **Address** | **Phone** | **Email** | **Website** | **Opening times** | **What they offer** | **Service Focus** | **Catchment** |
| Samaritans helpline | 10 Richmond Road, Exeter, Devon, EX4 4JA | 116 123 | jo@samaritans.org | [www.samaritans.org](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CDownloads%5Cwww.samaritans.org) | 24hrs, 7 days a week | A safe place to talk any time | General | Exeter, Mid and East Devon |
| MIND info line | 4-5 Pavilion Pl, Exeter, EX2 4HA | 0300 123 3393/Text:86463 | [info@mind.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CDownloads%5Cinfo%40mind.org.uk) | [www.mind.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CDownloads%5Cwww.mind.org.uk) | 9-6pm Mon-Fri (excl. bank holidays) | Information about types of mental health problems, where to get help, medication and alternative treatments, advocacy | General | UK |
| MIND legal line | Mind legal line, Unit 9, Cefn Coed Parc, Nantgarw, Cardiff, CF15 7QQ | 0300 466 6463 | [legal@mind.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CDownloads%5Clegal%40mind.org.uk) | [www.mind.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CDownloads%5Cwww.mind.org.uk) | 9-6pm Mon-Fri (excl. bank holidays) | Legal information and general advice on mental health related law covering: mental health, capacity, community care and human rights/discrimination | General (legal) | UK |
| MIND blue light info line  | Mind blue light info line, Unit 9, Cefn Coed Parc, Nantgarw, Cardiff, CF15 7QQ | 0300 303 5999/Text:84999 | [bluelightinfo@mind.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CDownloads%5Cbluelightinfo%40mind.org.uk) | [www.mind.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CDownloads%5Cwww.mind.org.uk) | 9-6pm Mon-Fri (excl. bank holidays) | Information including: staying mentally healthy for work, types of mental health problems, how and where to get help, advocacy, treatment, PTSD, existing emergency support, mental health and the law | General | UK |
| Devon Rape and Sexual Abuse helpline | PO BOX 325, Exeter, Devon, EX1 1WQ,  | 0808 800 0188 | [sal@sal-devon.co.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CDownloads%5Csal%40sal-devon.co.uk) | [www.therapeandsexualabusehelpline.co.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CDownloads%5Cwww.therapeandsexualabusehelpline.co.uk) | 7-10pm (Tuesday,Wednesday, Thursday) | Support for women and men over 16 years of age who have been raped or sexually abused, either recently or in the past. Can help to relieve the trauma and distress. | Sexual Abuse | Devon |
| Anxiety Alliance helpline | n/a | 0345 296 7877 | n/a | [www.anxietyalliance.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CDownloads%5Cwww.anxietyalliance.org.uk) | 10-10pm, 7 days a week | Verbal support for those suffering with anxiety, including disorders such as: Generalised Anxiety Disorder, panic, phobias, Obsessive Compulsive Disorder | Anxiety | Devon |
| Combat Stress helpline | n/a | 0800 138 1619/Text: 0753 740 4719 | [helpline@combatstress.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CDownloads%5Chelpline%40combatstress.org.uk) | [www.combatstress.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CDownloads%5Cwww.combatstress.org.uk) | 24hrs, 7 days a week | Verbal support for those having a difficult time, feeling depressed or anxious, experiencing flashbacks or just feeling that something isn't quite right | War Veterans and their families | UK |
| Cruse Bereavement Care helpline | 3 Palace Gate, Exeter EX1 1JA | 0808 808 1677 | n/a | [www.cruse.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CDownloads%5Cwww.cruse.org.uk) | 9.30-5pm Mon - Fri ( Tues, Wed, Thurs until 8pm) | Emotional support to anyone affected by bereavement | Bereavement | UK |
| Relate | Exeter & District Relate Centre, Verney House, 3rd/4th Floors, 115 Sidwell Street, Exeter, EX4 6RY | 0300 772 9681 | reception.exeter@relate.org.uk | [www.relate.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CDownloads%5Cwww.relate.org.uk) | 8-10pm Mon-Thurs, 8-6pm Fri, 8-5 Sat | Relationship Counselling, Children and Young People's Counselling, Sex Therapy, Family Counselling, Telephone Counselling, Training & Education | Counselling (relationships) | Exeter, Barnstaple, Okehampton, Honiton, Taunton |
| Rise | 1st Floor, Brittany House, New North Road, Exeter, Devon, EX4 4EP | 0300 303 3384 | n/a | [www.addaction.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CDownloads%5Cwww.addaction.org.uk) | 9-8pm Mon, 9-5pm Tues-Fri, 10-1pm Sat | Support for Family Members and Friends, Social and Recreational, Harm Minimisation, Medically Assisted Recovery, Mutual Aid, Helping Others, Education, Training and Employment, Addressing Drug and Alcohol Use, Independent Living Skills | Alcoholism and other substance misuse | Exeter, Mid and East Devon |
| Alcoholics Anonymous | dependent on location (https://www.alcoholics-anonymous.org.uk/members/regional-&-local-websites/South-West-Region/Devon-Central-Intergroup/Meetings) | 0800 9177 650 (national)/ 0175 291 111 (local) | help@aamail.org | [www.devonaa.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CDownloads%5Cwww.devonaa.org.uk) | Depends on location (see website for further details) | Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism | Alcoholism | Devon |
| SAFE (stop abuse for everyone) | 1 Queens Road, Exeter, EX2 9ER | 0303 030 0112 | hello@safe-services.org.uk | [www.safe-services.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cwww.safe-services.org.uk) | 9-5pm Mon - Fri | Support women and children to be safe and to live free from violence in the future | Domestic Violence | Exeter |
| Citezens Advice Bureau | Dix’s Field, Exeter, EX1 1QA | 0344 411 1444  | n/a | www.citizensadviceexeter.org.uk | 10-4pm Mon - Fri | Free, confidential, impartial and independent information and advice including: benefits, debt, housing, employment, consumer rights, legal issues | General (legal, money) | Exeter |
| The Intercom Trust | Wrentham Business Centre, 5, Prospect Park, Exeter EX4 6NA | 0800 612 3010 (helpline)/0139 220 1015 (general) | helpline@intercomtrust.org.uk / office@intercomtrust.org.uk | www.intercomtrust.org.uk | 9-4pm Mon - Fri | LGBT charity providing: help and support, advocacy, counselling, training, information , support groups, online directory, community surveys, conferences, consultancy | LGBT | South - West  |
| Age UK | Age UK Exeter, 138 Cowick Street, Exeter, EX4 1HS  | 0139 220 2092 | info@ageukexeter.org.uk | [www.ageuk.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cwww.ageuk.org.uk) | 9-4.30pm Mon - Fri | Wide range of services and events including: dementia care, voluntary visiting, enabling and home help services, information and advice, social groups | The elderly | Exeter |
| SHOT (street homelessness outreach team) | Wat Tyler House, 3 King William Street, Exeter, EX4 6PD | 0139 228 4287 | exeter-outreach@julianhouse.org.uk | www.julianhouse.org.uk | unknown | The outreach team pro-actively identifies rough sleepers through regular outreach sessions and responds swiftly to local reports of people sleeping rough or engaged in street-based activity. | Homelessness | Exeter, East Devon and Teignbridge |
| Beat  | n/a | 0808 801 0677  | help@beateatingdisorders.org.uk | www.beateatingdisorders.org.uk | 12-8pm Mon-Fri, 4-8pm Sat - Sun | Beat provides helplines for adults and young people offering support and information about eating disorders.  | Eating disorders | UK |
| YES Centre (Youth enquiry centre) | L B D Housecementry, 39 George St, Exeter EX1 1DA | 0139 233 1666 | yes.exeter@youngdevon.org | www.youngdevon.org/where-we-work/exeter-yes-centre | 1-4pm Mon, Fri, 2-4 Tues, Wed | For young people free and confidential advice and support about the following: work and study, health and wellbeing, leaving care support, health and welfare rights, sex and relationships, alcohol and drugs, travel and more. | Young people up to 25 | Exeter |
| Devon carers | Farm House Rise, Exminster EX6 8AT | 0345 643 4435 | info@devoncarers.org.uk | devoncarers.org.uk | 8-6pm Mon-Fri, 9-1pm Sat | Information, support and short breaks for carers  | Carers | Devon |
| Alzheimer's Society | n/a - various locations | 0300 222 1122 | n/a | [www.alzheimers.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cwww.alzheimers.org.uk) | 9-5pm Mon - Fri, 10-4pm Sat-Sun | Activities and social groups, advocacy, care homes, care or support in the home, day care, information support and advice, support in the community, transport | Alzheimers | Devon - Torbay, Exeter, Crediton, Exmouth, Dawlish |
| Drink wise, age well | 3 King William Street, Exeter, EX4 6PD | 0800 304 7034 | [devon@drinkwiseagewell.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cdevon%40drinkwiseagewell.org.uk) | [www.drinkwiseagewell.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cwww.drinkwiseagewell.org.uk) | 9-5pm Mon - Fri | Free confidential support for self, family or for anyone concerned about how alcohol affects them, advice and support in community home visits, free local social activities, free training and alcohol awareness sessions | Alcoholism | Devon |
| Bipolar UK | 81 Heavitree Road, Exeter, EX1 2LX | 0333 323 3880 | [info@bipolaruk.org](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cinfo%40bipolaruk.org) | [www.bipolaruk.org](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cwww.bipolaruk.org) | 7-9pm (Exeter support group) | Support groups for anyone affected by bipolar | Bipolar | Exeter, Torbay |
| Rethink Mental Illness Advocacy | 8 Richmond Road, Exeter, EX4 4JA | 0139 527 1804 | [devonadvocacy@rethink.org](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cdevonadvocacy%40rethink.org) | [www.devonadvocacy.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cwww.devonadvocacy.org.uk) | 9-5pm Mon - Fri, 9-7pm Thurs | General and Health Complaints Advocacy, Care Act Advocacy, Independent Mental Health Advocacy, Independent Mental Health Capacity Advocacy | Advocacy | Devon |
| Cool Therapies | Cottage Café Building (1st floor), 5 Lymington Road, Torquay, TQ1 4AQ | 0180 343 1991 | [info@cooltherapies.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cinfo%40cooltherapies.org.uk) | [www.cooltherapies.org](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cwww.cooltherapies.org) | 9-5pm Mon - Fri | A ten session course called 'Resolving Anger' | Anger management | Torquay |
| Devon Rape Crisis | n/a | 0139 220 4174 | [support@devonrapecrisis.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Csupport%40devonrapecrisis.org.uk) | [www.devonrapecrisis.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cwww.devonrapecrisis.org.uk) | 6-9pm, Mon, Wed & Fri | Confidential, professional support to survivors of rape, sexual assault and childhood sexual abuse | Sexual Abuse | Devon (not Plymouth) |
| Care Direct | County Hall, Topsham Road, Exeter, EX2 4QD+B17 | 0345 155 1007 | [csc.caredirect@devon.gov.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Ccsc.caredirect%40devon.gov.uk) | [www.new.devon.gov.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cwww.new.devon.gov.uk) | unknown | Support for those to live safely and independently at home in a community  | Home care | Devon |
| Consortium | Zone 5, Wrentham Business Centre, Prospect Park, Exeter, EX4 6NA | 0207 064 6500 | [admin@lgbtconsortium.org.uk/devonlgbt@hotmail.com](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cadmin%40lgbtconsortium.org.uk%5Cdevonlgbt%40hotmail.com) | [www.lgbtconsortium.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cwww.lgbtconsortium.org.uk) | unknown | Membership organisation focussing on the development and support of LGBT groups, organisations and projects so they can deliver direct services | LGBT | Devon |
| Gamblers Anonymous | Gate Centre Palace Gate, Exeter, EX1 1JA | n/a | sc.info@gamblersanonymous.org.uk | [www.gamblersanonymous.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cwww.gamblersanonymous.org.uk) | 7.30-9.30pm Tues | Meetings for compulsive gamblers to help eachother through their difficulties. No counsellors or professional bodies | Gambling | Exeter |
| Men's Advice Line | n/a | 0808 801 0327 | [info@mensadviceline.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cinfo%40mensadviceline.org.uk) | [www.mensadviceline.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cwww.mensadviceline.org.uk) | 9-5pm Mon - Fri | Confidential helpline for men experiencing domestic violence from a partner, ex, or other family members | Men's domestic violence | UK |
| NAPAC National Association for People Abused in Childhood | n/a | 0808 801 0331 | n/a | [www.napac.org.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cwww.napac.org.uk) | 10-9pm Mon-Thurs, 10-6pm Fri | Support line for adult survivors of child abuse | Child abuse | UK |
| Papyrus helpline | n/a | 0800 068 4141 | pat@papyrus-uk.org | [www.papyrus-uk.org](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cwww.papyrus-uk.org) | 10-10pm Mon-Fri, 2-10pm Sat-Sun & Bank Holidays | Confidential help and advice to young people and anyone worried about a young person and help for others to prevent young suicide by working with and training professionals | Suicide prevention | UK |
| SOBS Survivors of Bereavement by Suicide | n/a | 0798 478 6868 (Exeter), 0300 111 5065 (helpline) | email.support@uksobs.org | [www.uksobs.org](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cwww.uksobs.org) | 9-9pm Mon-Fri | The space to talk confidentially with someone who has been bereaved by suicide and to know that you are not alone in your experience. Local support groups | Bereavement (by suicide) | UK |
| Step One | [Beaufort House, 51 New North Road, Exeter EX4 4EP](https://www.google.co.uk/maps/place/Step%2BOne/%4050.7264079%2C-3.5298752%2C17z/data%3D%213m1%214b1%214m5%213m4%211s0x486da43e8cf88451%3A0xa5c21767081893fc%218m2%213d50.7264079%214d-3.5276865) | 01392 255428 | [bookings@steponecharity.co.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cbookings%40steponecharity.co.uk) | [www.steponecharity.co.uk](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cwww.steponecharity.co.uk) | 10-4pm Mon - Fri | Mental health crisis care and recovery, and one-to-one mentoring in employment and independent living skills | Community care | Devon |
| Quiet Mind Centre  |  Office 4-7, 14 Hartley Road, Exmouth, Devon, EX8 2SG | 01395 270070 | quietmind@tiscali.co.uk | https://www.quiet-mind.org/ | 10am-5pm Monday to Friday, closed on weekends | The space to to receive talk therapy or hypnotherapy from a team of trained experts fpr issues such as depression, anxiety and other mental health issues | Coummunity wellbeing | East Devon |
| Wellbeing Exeter  | Reed Mews Wellbeing Centre, University of Exeter, Streatham Drive, Exeter, EX4 4QP or Reed Hall Hailey Wing, University of Exeter, Streatham Drive, Exeter, EX4 4QR | 01392 724381 | wellbeing@exeter.ac.uk | <https://www.wellbeingexeter.co.uk/> | 9am-5pm Monday to Friday, closed on weekends  | Social prescribing, in combination with asset-based community development to provide firm foundations to enable individuals and communities to improve and promote their own health and wellbeing | General  | Exeter |
| Wellfare Exeter  | Mardon Hall, University of Exeter, Streatham Drive, Exeter, EX4 4QW | 01392 724381 | welfare@exeter.ac.uk | <https://www.wellbeingexeter.co.uk/> | 9am-5pm Monday to Friday, closed on weekends  | Social prescribing, in combination with asset-based community development to provide firm foundations to enable individuals and communities to improve and promote their own health and wellbeing | General | Exeter |
| AccessAbility | University of Exeter Forum, Stocker Road, Exeter, EX4 4SZ | 0300 555 0444 | Accessability@exeter.ac.uk | <https://www.wellbeingexeter.co.uk/> | 9am-5pm Monday to Friday, closed on weekends  | Social prescribing, in combination with asset-based community development to provide firm foundations to enable individuals and communities to improve and promote their own health and wellbeing | Accessability assitance | Exeter |
| Family Lives | n/a | 0808 800 2222 | askus@familylives.org | [www.familylives.org.uk](http://www.familylives.org.uk/) | 9am-9pm Monday to Friday, 10am-3pm Saturday and Sunday | Emotional support and advice on any aspect of parenting and family life | Family Life | UK |
| MindEd for Families | n/a | n/a | minded@rcpsych.ac.uk | [www.mindedforfamilies.org.uk](http://www.mindedforfamilies.org.uk/) | n/a | Government funded online resource providing advice on all aspects of children's mental health | Children | UK |
| Home Start | n/a | 0116 464 5490 | info@home-start.org.uk | [www.home-start.org.uk](http://www.home-start.org.uk/) |  | Offers free home visits & support for families with young children experiencing difficult times | Family | UK |
| Young Minds | 4th Floor, India House, YoungMinds, Curlew St, London SE1 2ND | 0808 802 5544 | n/a | [www.youngminds.org.uk](http://www.youngminds.org.uk/) | 9:30-4pm Monday to Friday | Mental health support & resources for young people and parents | Children | UK |
| Action for Children | Headquarters in London | Varies by region | V aries by region | [www.actionforchildren.org.uk/in-your-area](http://www.actionforchildren.org.uk/in-your-area) | 9am-5pm Monday to Friday, closed on weekends  | Support and advice for families with children under 8 years  | Family | UK |
| Devon Children and Families Partnership | n/a | 0345 155 1071 | mashsecure@devon.gov.uk. | [www.dcfp.org.uk](http://www.dcfp.org.uk/) | n/a | Advice on keeping children safe from harm (re, abuse, bullying and online safety); health and well-being; and accessing 'Early Help' family support | Family | Devon |
| Devon Information Advice and Support for SEND | Great Moor House, Bittern Road, Sowton Industrial Estate, Exeter EX2 7NL | 01392 383080 | devonias@devon.gov.uk | [www.devonias.org.uk/advice](http://www.devonias.org.uk/advice) | 10am-3pm Monday to Friday | Free , legal-based, information, advice and support for parents of children with special educational needs and disabilities | Family | Devon |
| Pinpoint | County Hall, Topsham Rd, Exeter EX2 4QD | 0345 155 1015 | pinpoint@devon.gov.uk | [www.pinpointdevon.co.uk](http://www.pinpointdevon.co.uk/) | 24hrs, 7 days a week | Details of all help and support organisations throughout Devon | General | Devon |
| Citizens Advice Devon | Exeter Citizens Advice Bureau, Dix's Field, Exeter, EX1 1QA | 03444 111444 | n/a | [www.cabdevon.org.uk/need-advice/](http://www.cabdevon.org.uk/need-advice/) | 9am-4pm Monday to Friday | Free, independent, confidential and impartial advice on a range of problems including benefits, work, debt, finances, housing, consumer, family, legal, immigrarion and health issues | General | Devon |
| Splitz | Buckland House, Pavilion 3, Park Five, Harrier Way, EXETER, EX2 7HU | 0345 1551074 | admin@splitzdevon.org | [www.splitz.org](http://www.splitz.org/) | 8am-6pm Monday to Friday | Support for people experiencing domestic abuse and sexual violence | Sexual Abuse | Devon |
| Children and Family Health Devon | Children & Family Health Devon, Fishleigh Rd, Barnstaple EX31 3UD | 0330 024 5321 | TSDFT.DevonSPA@nhs.net | [https://childrenandfamilyhealthdevon.nhs.uk/](http://www.devon.integratedchildrensservices.co.uk/) | 8:30am-5pm Monday to Thursday, 8:30am-4pm Friday, closed weekends | NHS Health and social care providers across Devon including CAMHS (Child and Adolescent Mental Health Services) providing therapy for depression, anxiety, self-harm, eating disorders, psychosis and child sexual abuse | General | Devon |
| NSPCC | Weston House, 42 Curtain Road, London, EC2A 3NH  | 0808 800 5000 | help@nspcc.org.uk | [www.nspcc.org.uk](http://www.nspcc.org.uk/) | 24hrs, 7 days a week | If you're worried a child may be at risk of harm | Child abuse | UK |

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| DPT |
| Department / Team | **Address** | **Phone** | **Email** | **Website** | **What they offer** | **Service Focus** | **Catchment** |
| TALKWORKS - Exeter | Compass House, 52 Magdalen Road, Exeter, EX2 4TL  | 0300 555 3344 | [dpn-tr.ExeterDAS@nhs.net](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cdpn-tr.ExeterDAS%40nhs.net) | https://www.talkworks.dpt.nhs.uk/ | Free, confidential, NHS talking therapy service for adults, offering effective treatments and therapies, including Cognitive Behavioural Therapy (CBT) | Depression and Anxiety Disorders | Exeter |
| TALKWORKS - East and Mid Devon | Beck's Square, Phoenix Lane, Tiverton, EX16 6LB | 0300 555 3344 | [dpn-tr.EastandMidDevonDAS@nhs.net](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cdpn-tr.EastandMidDevonDAS%40nhs.net) | https://www.talkworks.dpt.nhs.uk/ | Free, confidential, NHS talking therapy service for adults, offering effective treatments and therapies, including Cognitive Behavioural Therapy (CBT) | Depression and Anxiety Disorders | East and Mid Devon |
| TALKWORKS - North Devon | 109 Boutport Street, Barnstaple, EX31 1TA | 0300 555 3344 | [dpn-tr.NorthDevonDAS@nhs.net](file:///C%3A%5CUsers%5Crv223%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CHDPH4MXU%5Cdpn-tr.NorthDevonDAS%40nhs.net) | https://www.talkworks.dpt.nhs.uk/ | Free, confidential, NHS talking therapy service for adults, offering effective treatments and therapies, including Cognitive Behavioural Therapy (CBT) | Depression and Anxiety Disorders | North Devon |
| TALKWORKS - South and West Devon | 2nd Floor, Sherborne House, Kingsteignton Road, Newton Abbot, TQ12 2PF | 0300 555 3344 | dpn-tr.SouthandWestDevonDas@nhs.net | https://www.talkworks.dpt.nhs.uk/ | Free, confidential, NHS talking therapy service for adults, offering effective treatments and therapies, including Cognitive Behavioural Therapy (CBT) | Depression and Anxiety Disorders | South and West Devon |
| TALKWORKS - Torbay | 306 Torquay Road, Paignton, TQ3 2ER | 0300 555 3344 | dpn-tr.TorbayDAS@nhs.net | https://www.talkworks.dpt.nhs.uk/ | Free, confidential, NHS talking therapy service for adults, offering effective treatments and therapies, including Cognitive Behavioural Therapy (CBT) | Depression and Anxiety Disorders | Torbay |
| Community Mental Health Team  | Wonford House, Dryden Road, Exeter, EX2 5AF | 01392 208900 |  | https://www.dpt.nhs.uk/locations/community-mental-health-team-exeter | Provide specialist assessment and treatment to people aged 18 years and older who are experiencing difficulties with their mental health and wellbeing. | Community Mental Health Support | Exeter |

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| Other NHS |
| Service name | Address | Phone | Email | website | opening times | What they offer | Who for | Fee? |
| Child and Adolescent Mental Health Services (CAMHS) | Evergreen House, Victoria Park Road, Exeter, EX2 4NU | 0330 0245 321 | vcl.devonspa@nhs.net | devon.integratedchildrensservices.co.uk/camhs/ | 9am-5pm Monday to Friday. Closed Saturday and Sunday | Provide help for children and young people who may be experiencing problems with their emotional or psychological wellbeing or mental health. | Children and Adolescents |  |

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| Private |
| Service name | Address | Phone | Email | website | opening times | What they offer | Who for | Fee? |
| Clinical Partners Exeter | Holmedale Health, 34 Denmark Rd, Exeter EX1 1SE |  01392 454954 | info@holmedalehealth.co.uk | https://www.southwestpsychiatricservices.co.uk | 8am-8pm, 7 days a week  | Treatment for depression, anxiety, ADHD, dementia, bipolar disorder, autism, stress, eating disorders, absences, OCD, phobias and fears, panic attacks, schizophrenia, sexual issues, self-harm, PTSD, grief or loss, gender identity issues, and addiction  | Children, adults and businesses | Initial Consultation: £300. Follow-up Consultation: £150 |
| Exeter Mental Health and Wellbeing Clinic | 23 Southernhay E, Exeter EX1 1QL |  01884 233723 |  | https://www.exetermentalhealthclinic.co.uk | 9am-5pm Monday to Friday, Saturday 9am-1pm | Psychotherapy; attachment-based therapies; cognitive behavioural therapies; family therapy; couples therapy; play therapies; group therapy; psychodynamic therapy; Eye Movement Desensitisation and Re-processing (EMDR); integrative therapies; psychological reports  | Children and adults | Information not available on website |
| Dynamic You Therapy Clinics | 46 Queen Street, Exeter, Devon, EX4 3SR | 0800 0614548 | appointments@dynamicyou.org | https://dynamicyou.org/clinic/exeter-psychotherapy-clinic/ | 9am-4pm Monday to Friday, evenings on weekends | Cognitive Behavioural Therapy for depression, OCD, panic attacks, phobias, anxiety problems, anger management, low self esteem, eating disorders, health anxiety, and social anxiety & shyness  | Children and adults | £89 weekdays, £99 weekends |
| Amanda Williamson Counselling Service  | 23 Southernhay E, Exeter, Devon, EX1 1QL | 07917 523494 | awcounsellingexeter@yahoo.co.uk |  https://www.amandawilliamsoncounselling.co.uk/p/contactcost.html | Monday & Tuesday 9:30am-2pm, Wednesday 2:15-7pm, Thursday 9:30am-5:30pm, Friday 9:15am-3:45pm, Closed on weekends  | Person centred therapies for relationship problems, depression, mood disorders, ruminating negative thoughts, anxiety, sex & sexuality issues, addiction, suicidal feelings, bereavement, divorce/affairs/ separation, patterns of unwanted behaviour  | Adults and children  | £60 per hour for individuals, £65 per hour for couples/ relationship counselling  |
| Exeter Private Counselling | 21 Harrington Gardens, Exeter, Devon, EX4 8PJ | 07753 827519 | mgtuckett@hotmail.co.uk | [http://www.exeterprivatecounselling.co.uk](http://www.exeterprivatecounselling.co.uk/) | 9am-9pm everyday, Monday-Sunday | Person centred therapy and CBT for depression/ low mood, stress, anxiety, panic, PTSD, relationship problems, OCD, low self esteem, work related issues, bipolar disorder, psychotic disorders, abuse, loss or bereavement  | Adults and children | £40 for 50mins for individuals, £60 for 50mins for couples therapy |
| James Holloway Counselling Services  | 1st Floor, 6 Northern Hay Place, Exeter, Devon, EX4 3QJ | 07831 119941 |  | http://www.jamescounselling.co.uk | 9am-5pm Monday to Friday, closed on weekends  | Psychotherapy, counselling and hypnotherapy for abuse, addiction, bereavement, depression, personality disorder, anxiety, eating disorders, sexuality issues, PTSD, trauma, personality disorder, OCD, phobia, etc | Adults and children  | £70 for individual 50 min session and couple 50min session |
| Karen Morrish Counselling | 15 Heavitree Rd, Exeter EX1 2LD | [01392 275431](https://www.google.com/search?client=safari&rls=en&q=psychiatric%20clinics%20exeter&ie=UTF-8&oe=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=50722173,-3519986,838&tbm=lcl&rldimm=11117211911139792211&ved=2ahUKEwiumLexjJjgAhV2RBUIHaYtDUEQvS4wAHoECAEQIQ&rldoc=1&tbs=lrf:!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:2) | info@karenmorrishcounselling.co.uk | https://www.karenmorrishcounselling.co.uk | 9am-7pm Monday to Friday, closed on weekends  | Counselling for anxiety, feelings of disatisfaction with life, depression, relationship difficulties, and a variety of other issues. Providing a safe space to voice problems, support in decision making processes and providing a place where inner conflict can be voiced and worked through. | Adults and children | Free initial consultation, £40 for followup sessions |
| Matt Ridley Counselling Service | 2nd floor, 23 Southernhay East, Exeter, Devon, EX1 1QL | 07581 29 77 11 | matt@mattridleycounselling.co.uk | https://www.mattridleycounselling.co.uk | 8am-9pm Monday to Friday, closed on weekends | Integrative therapy (mindfulness based cognitive therapy, psychodyanmaic therapy) for anxiety and panic, stress, abuse, sexual issues, couples therapy, depression, bereavement, trauma including PTSD, university issues, work related issues, etc  | Adults and young people aged 16+ | £45-£50 per hour for individuals, £50-£60 per hour for cpiples |
| Exeter Mind and Body Clinic | Choristers House, Chapel Street, Exeter, Devon, EX1 1AJ | 01392 248335 and 07989 564660 |  | [https://www.exetermindandbody.com](https://www.exetermindandbody.com/) | Information not available online | Psychotherapy, guided meditation, EMDR, hypnotherapy, Minfulness based cognitive therapy (MBCT), zero balancing de-stress therapy for a range of psychological issues including depression, anxiety and mood disorders  | Adults and children | Varies by service provided and by counsellor, average price £40 |
| The Margaret Jackson Centre | 4 Barnfield Hill, Exeter, Devon, EX1 1SR | 01392 256711 |  info@margaretjackson.org.uk | http://www.margaretjackson.org.uk/ | 9:30am-3:30pm Monday to Thursday, evening appointments available on Monday and Thursday | Individual talk therapy for depression and anxiety, as well as a range of other disorders such as low self-esteem, stress and past trauma/ difficulties. | Adults and young people aged 16+ | Minimum payment of £10; payment based on ability to pay |
| Palace Gate Counselling Service | 3 Palace Gate, Exeter, Devon, EX1 1JA | 01392 205804 |  | <https://www.palacegatecounselling.org.uk/> | 9am-9pm Monday to Friday, Saturday 10am-5pm. Closed on Sundays | Individual therapy, couples therapy and workplace therapy for a variety of disorders, such as depression, anxiety and stress.  | Adults and young people aged 16+ | Minimum payment of £25; payment made based on ability to pay |
| Exeter Counselling & Psychotherapy | 11 Gandy Street, Exeter, Devon, EX3 3LS | 07722 064856 | wendyjsavage@gmail.com | http://www.wendysavage.com/Wendy/Home.html | 10am-8pm Monday, Tuesday, Thursday, and Saturday. Closed Wednesday, Friday and Sunday | Talk therapy, CBT, EMDR and hypnotherapy provided in order to treat depression, anxeity, mood disorders, stress and other disorders | Adults and young people aged 16+ | £50 per hour for individuals ad couples |
| East Devon Counselling Service |  53 Imperial Rd, Exmouth EX8 1DQ | 07482 789610 | jane@eastdevoncounsellingservice.co.uk | https://www.eastdevoncounsellingservice.co.uk/ | 9am-6pm Monday to Friday. Closed Saturday and Sunday | Psychotherapy, talk therapy, CBT and mindfulness therapy for a range of psychological disorders including depression, anxiety, trauma, phobia, etc | Adults aged 18+ | £45 per hour  |
| Sid Valley Counselling | Ebdons Court, 5 Grosvenor Mansions, Church Street, Sidmouth, Devon, EX10 8NB | 07967 090593 | ask@sidvalleycounselling.co.uk | https://www.sidvalleycounselling.co.uk/ | 10am-8pm Monday to Friday, 9am-12pm Saturday. Closed Sunday | Talk therapy to work through and remedy a wide range of psychological issues including depression, anxiety, trauma and abuse, relationship problems, etc | Adults (18+) | £40 per hour |
| Devon Family Solutions | Ground Floor Office, 4 Barnfield Cres, Exeter EX1 1QT | 01392 454940 | help@devonfamilysolutions.co.uk | https://www.devonfamilysolutions.co.uk/ | 9am-5pm weekdays. Closed on weekends. | Mediation therapy or psychological therapy in reference to their particular family circumstances, such as separation issues | Familes - Children and Adults | £100 per solo meditation session, £200 for co-meditation sessions, price on request for other therapy sessions |
| Jane Barclay Counselling and Psychotherapy | 14 Cathedral Cl, Exeter EX1 1EZ | 01392 969380 | jane.barclay@jbcounselling.co.uk | http://jbcounselling.co.uk/ | 8:30am-6pm Monday to Friday. Closed on weekends.  | To provide a safe space for you to bring your concerns, dilemmas and confusion, and to offer respectful, non-judgemental attention to your deepest feelings, however seemingly conflicting. Therapy for trauma, depression etc.  | Adults  | £65 per session |
| Freddy Weaver Counselling | The Practice Rooms,, 15-16 Castle St, Exeter EX4 3PT | 07737 092625 | info@freddyweaver.co.uk | http://www.freddyweaver.co.uk/ | Information not available online | Psychotherapy, addiction counselling, trauma therapy, anxiety counselling, eating disorder counselling, counselling for relationship and family difficulties - CBT, Psychodynamic therapy, transactional analysis and Gestadlt methods  | Adults | Information not available on website |
| Sabina Rosdarklin Counselling | 91A Queen St, Exeter EX4 3RP | 07980 698238 | s.rosdarklin@gmail.com | https://rosdarklin.co.uk/ | Information not available online | Psychotherapuetic work with adults and children for a range of psychological issues, with a focus on relational difficulties, addiction and eating disorders  | Children and adults | Upon request |
| Bronwyn Carson Counselling | 2 Queen's Terrace, Exeter EX4 4HR | 01392 494716 | bronwyn.carson@btinternet.com   | http://bronwyncarson.co.uk/ | 9am-6pm Monday to Thursday. Closed Friday, Saturday and Sunday | Transacrional Analysis and neurolingustic programming for a range of psychological issues  | Adults | £70 for individual single session (1hr), £80 for couples session (1hr) |
| Southernhay Clinic | 4 Barnfield Crescent, Southernhay, Exeter, EX1 1QT | 01392 430115 | info@southernhayclinic.co.uk | http://www.southernhayclinic.co.uk/ | 9am-5pm Monday to Saturday. Closed on Sundays | Talk therapy and hypnotherapy for psychological disorders such as depression, anxiety, eating disorders, sleep problems,addiction, sexual problems etc.  | Adults | Information not available on website |